

THE HUMAN ECOLOGY FOUNDATION OF CANADA

OTTAWA BRANCH

L I B R A R Y     L I S T

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December 1981

## LIBRARY LIST

### I HUMAN ECOLOGY (CLINICAL)

Human Ecology and Susceptibility to the Chemical Environment.

T. G. Randolph, M.D.

Clinical Ecology, ed by Lawrence D. Dickey

Common Sense for the Sensitive. Hamilton Chapter of the H.E.F. Canada.

Forward by J.G. MacLennan, M.D.

Sunnyhill - the Health Story of the 1980's. Bruce & Barbara Small

Dress for Health. Stephen B. Nussdorf and Maggie Rollo Nussdorf.

H.E.F. Quarterlies

H.E.F. Newsletters Ottawa.

Papers by J.G. MacLennan, M.D.

"The relationship of human ecology to chronic human disease"

"Ecologic control of chemical exposures"

"Rotary Diversified Diet"

"The Ecologic Management of pregnancy and the newborn"

"The ecologic road to good health"

"Comprehensive Hospital Environmental Control Measures for the  
Chemically susceptible patient"

### II ALLERGY

Food Allergy, Rinkel, Randolph and Zeller

Management of Complex Allergies. Natalie Golos

Allergies and the Hyperactive Child. Doris Rapp, M.D.

Allergy Today. Theo Nelson

Your Allergic Child. Hirschfeld

Five-Day Allergy Relief System. Marshall Mandell, M.D.

Tracking Down Hidden Food Allergy. William Crook, M.D.

Booklets

"You and Allergy"

Brain Allergy, Manual for those sensitive to food, drugs and chemicals.

Environment Health Association of Greater Washington

Booklet

"Poison Ivy, Oak and Sumac"

### III DIET

Good Food, Gluten Free. Hilda C. Hills

Diet, Crime and Delinquency. Alexander Schauss

Sugarless Cooking. Pam Martinez

Food Combining Handbook. Gary Nuli

Diet for a Small Planet. Francis Moore Lappe

Raw Vegetable Juices. Raymond Dextreit

Odd Vegetable Cookbook. Cybil Henderson

Magic Herbs in Daily Life. Lucas

Rotary Diet (Information on)

Booklets

"Lifestream Cookbook"

"Dairy Goat in Canada"

## LIBRARY LIST (2)

### IV NUTRITION

Food for Nought. Ross Hume Hall  
Mega Nutrients. H.L. Newbold, M.D.  
Against the Unsuspected Enemy. Amelia Nathan Hill  
Low Blood Sugar - the Hidden Menace of Hypoglycemia. Clement Martin  
Health for the Millions. H.M. Shelton  
Light on your Health Problems. Linda Clark  
Stay Alive Longer. Lelord Kordel  
Be Slim and Healthy. Linda Clark  
Get Well Naturally. Linda Clark  
Health Through Nutrition. Lelord Kordel  
How to be Healthy with Natural Foods. E.E. Marsh  
Is Low Blood Sugar Making you a Nutritional Cripple? Ruth Adams  
and Frank Murray  
Psycho-Dietics. Cherashin, Ringsdoy, Brecher  
Health's-A-Poppin'. APFRI  
Feel Like a Million. Cathryn Elwood  
Overfed but Undernourished. C.Wood, M.D.  
Know Your Nutrition. Linda Clark  
Nutrition Against Disease. Roger Williams  
The Book on Vitamin Therapy. Harold Rosenberg  
Growing Natural. Janet Gillespie  
Natural Nutrition Guide. Healthful Living Digest  
Hypoglycemia and Me. Adrenal Metabolic Research Society.  
Putting Food By. Herzberg, Vaughan, Green  
EN-TROPHY Institute Review - Journals  
Willner Chemist (Information on Willner Vitamins)  
Canada Food Strategy. Notes - Monique Begin at 1978 Food Strategy  
Conference on the Health Element in Canada  
PREVENTION Magazines  
Booklets  
"Talking Food" (Information on various food topics)  
"Seed and Sprouts for Life"  
"The Miracle of Garlic"  
"Does the Body Need the minerals in Water?"  
"Miracle - evaporated and powdered goat's milk"

### V CHEMICAL AWARENESS

Not All in the Mind. Richard MacKarness, M.C.  
Why Your House may Endanger Your Health. Alfred Zamm, M.D.  
Air Pollution in the Schools - and its effect on our Children.  
Kathleen A. Blume  
Chemical Victims. Richard MacKarness, M.D.  
The Chemical Feast. James Turner  
Food Additives and their Effect on Human Behaviour and General Health.  
The S.V.N. Centre Report  
Pollution Probe - Newsletters and Memos  
Urea Formaldehyde Insulation (information on)

## LIBRARY LIST (3)

### V. CHEMICAL AWARENESS (Continued)

What are Pesticides Doing to Human Beings? Price Pottenger  
Nutrition Foundation  
Lead Poisoning and the Fall of Rome. Journal of Occupational Medicine  
2-4D. Is it Safe? (booklet)

### VI. MISCELLANEOUS

Health and Light. John Ott  
Non-Smokers' Association, newsletters  
Hyperactive Children. Society for Emotionally Disturbed Children  
S.E.D. Children. Newsletters  
The Parkinson Papers - Newsletters  
Celiac Disease (information on)  
Yogurt (information on)  
The Effects of Weather on the Frequency and Severity of Migraine  
Headaches in Southwestern Ontario". Atmospheric Environment  
Service 1980  
Keeping Heat In. Energy Mines & Resources  
Urban Reader, Social Planning Department, Vancouver B.C.  
Multiple Sclerosis (information on)  
Booklets:  
"The Care of a Child with persistent asthma"  
"So you have Asthma, "Welcome to the Club"  
"Willy and the Wheeze"  
"Breathing Exercises for Asthmatic Children"  
"Weather Ways"  
"Canadian Havens from Hay Fever. Canadian Lung Association  
,,Newsclips on health issues.  
Asthma, How to Live with it@  
The Best Gardening Ideas

### VII SOURCES

Air Purification Systems (information on)  
Duro-Test. "Vita Life" Fluorescent Lighting  
Negative Ions (collection of medical research papers)  
Fiber and Fabric Facts. Canada Textile Institute  
Water Filters (information on)  
TEEDS Catalogue  
The Choice is Clear (water distilling)

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